



AEROBICS
via ZOOM
with Nancy Swain

Mondays, Wednesdays & Fridays
8:45 - 9:45 AM

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

Click [HERE](#) to register and you will receive an email with the Zoom link. Let us know if you would like to borrow equipment.

YOGA via ZOOM

with Barbara Rives

TUESDAYS 9:00-10:15 AM

&

THURSDAYS

10:00-11:15 AM

Join Barbara as she assists beginners and continuing students with yoga instruction.

Click [HERE](#) to register and you will receive an email with the Zoom link. Let us know if you would like to borrow a mat or blocks.

KETTLE BELL **CLASS**

via ZOOM

with Joe Aguiar

THURSDAYS

7:50 - 8:50 AM

This program included a warm-up, lifting and agility drills with a 5lb. kettle bell weight and a cool down.

Click **HERE** to register and you will receive an email with the Zoom link. Let us know if you would like to borrow kettle bells.

TAI CHI

via Zoom

with Nancy Rappaport

THURSDAYS

9:00 AM

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with

increased flexibility, balance and well being.

Click [HERE](#) to register and you will receive an email with the Zoom link.

CHAIR YOGA

via ZOOM

with Jasmine Alcantara

FRIDAYS

10:00 AM

Yoga is a physical, mental, and spiritual discipline originating in ancient India.

While stretching is certainly involved, yoga is also about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.

Click [HERE](#) to register and you will receive an email with the Zoom link.

DRIVE -THRU

COFFEE AND A MUFFIN

TUESDAY, SEPTEMBER 29

10:00 - 11:30 AM

**Stop by the Saltmarsh for a homemade
muffin and a cup of coffee to go.**

**You are welcome to park your car and
enjoy your coffee break.**

Muffin choices:

Carrot Raisin Ginger

Maple Apple

Pear Walnut

**We miss you and look forward to seeing
you!**

**Supported by the Nantucket Council on
Aging and Kendra Lockley from Simply
with Style**

**Sponsored by Nantucket Center for Elder
Affairs and the Town of Nantucket**



ATTENTION DUPLICATE BRIDGE PLAYERS

**Wayne Davies, a certified bridge director,
at the Westmoor Club,
is looking for those interested in playing
duplicate bridge on line!**

Please contact Wayne [HERE](#)

INFORMATION



NANTUCKET
COTTAGE HOSPITAL
MASSACHUSETTS GENERAL HOSPITAL AFFILIATE



The COVID Grief Project

**Collectively memorializing
our grief:**

**Exploring COVID-related loss in
the Nantucket community**

**Today we are launching the COVID Grief
Project, a joint initiative from the
Nantucket Cottage Hospital Social
Services Department and the Town of
Nantucket Health & Human Services
Department:**

**Grief is complicated. It can make us feel
alone, feel crazy, out of control, and
certain that bad things will continue to
happen. The COVID pandemic is
unprecedented, and the depth and
breadth of grief people are experiencing
is unfathomable. Some losses, like the
death of a loved one, are easy to
name. Other losses, like the loss of
hugging your mom, or not catching up
with your co-workers in the breakroom
may be harder to articulate. We might feel**

guilty for thinking about these things as loss, and we might even feel embarrassed or ashamed for feeling sad, anxious or numb when we think about them.

In our experience, acknowledging loss and sharing this experience with others can help us with our grief.

So the Nantucket Cottage Hospital Social Services Department and the Town of Nantucket Health & Human Services Department want to hear from you: what did you lose because of COVID?

Maybe it was....

- Income**
- A family member**
- A second date**
- Seeing your grandchildren**
- First day of school pictures**
- A job opportunity**

Send us a story, collage, or image that describes your loss to:

nantucketcovidgrief@gmail.com

Some tips for submission: be brief, be legible, be creative! We will publish a selection of submissions on the hospital's website and include them in our on-going public health campaign to fight the spread of COVID-19. We reserve

the right to edit or refuse to publish any content.

The Massachusetts Department of Public Health Community Impact Survey:

Massachusetts Department of Public Health developed a survey to learn how to better help people through COVID-19.

Even if you haven't been sick, your answers can help.

The COVID-19 Community Impact Survey will help MA-DPH learn about needs across the state, so it can plan resources and support around COVID-19.

COVID-19 unfairly impacts people of color more than others. Help MA-DPH learn how it can plan resources and support around COVID-19. Take the Community

Impact Survey [**HERE**](#)

FREE LEGAL ADVICE WITH ARTHUR

BERGERON

Wednesday, October 7

2:00 - 3:00 PM

Via Zoom

Arthur Bergeron is an elder law attorney at Mirick O'Connell. His practice focuses on all aspects of lifetime and estate planning for seniors. Art is passionate about helping seniors and their loved ones plan for and cope with issues surrounding aging and the personal and economic hardships facing those affected by Alzheimer's disease and dementia. Attorney Bergeron will be offering free legal consultations by phone or Zoom on the first Wednesday of each month, starting on Wednesday, October 7, from 2PM-3PM.

Call the Saltmarsh at (508) 228-4490 or EMAIL to schedule an appointment.

Please specify if you prefer a phone or Zoom appointment.



Nantucket Data Platform

BIG DATA FOR A SMALL ISLAND



The Nantucket Data Platform needs your input on traffic and transportation on Nantucket. Please take the NRTA/WAVE Survey, whether you ride the bus or not.

We know from the recent Island Life Survey that parking, traffic, and transportation are all important issues to Nantucketers. Over 75% of year-round residents reported experiencing traffic and parking issues on the island.

The results of this survey will help NRTA understand what is working well and where improvements can be made. By helping NRTA understand where

improvements can be made, and increasing ridership, your participation may also indirectly help improve traffic and parking issues.

Take the Survey

Please visit the
Nantucket Data Platform
website for more information.

Please consider forwarding the survey to friends!

FARMERS' MARKET COUPON BOOKS

available through
Elder Services

Seniors interested in obtaining the coupons call Kelly at
(508) 394-4630 x 411.

Click **HERE** to see if you are
income eligible



NANTUCKET
COTTAGE HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL AFFILIATE

DRIVE THROUGH

FLU SHOTS

The hospital is offering drive-through flu shots at the main entrance portico in Lane 2 during the following hours:

- **Monday to Friday: 7 a.m. – 6 p.m.**
- **Saturday: 8 a.m. to 12 p.m.**
- **Sunday: CLOSED**

No appointment is necessary, and flu shots can be provided at no out of pocket cost with most insurance plans.

- **Patients must be registered with Mass General Brigham to get a flu shot**
- **Flu shots will be given in your car (young children can be given the flu vaccine in the portico tent with a parent if necessary)**
- **NCH staff will be wearing masks, gloves, and eye shields**
- **Patients are required to wear face coverings**
- **Make sure your upper arm is accessible to the medical staff: wear a short-sleeve shirt**
- **No pets allowed in cars at the drive-**

through

- Most insurance plans cover the cost of flu vaccination but if you have questions regarding cost, please check with your insurance carrier.

We will be able to offer the high-dose vaccine for seniors as well. Please be aware that, as we have done with COVID-19 testing, we will also allow patients on bicycles or those on foot to access the drive-through portico for flu shots.

Don't Delay- Medicare Open Enrollment Begins October 15th!

Now is the time to review your Medicare plan options. A quick review could save you money in 2021. Medicare's Part C (Medicare Advantage Plan) and Part D (Prescription Drug Plan) Annual Open Enrollment begins October 15th and ends December 7th. Please make sure you review your 2021 Medicare options during this time period so that you have the most cost-effective plan for 2021.

During this Annual Open Enrollment (October 15 - December 7), you will have

a chance to **CHANGE** your plan. This change will take effect January 1, 2021.

SHINE Counselors can help you understand your plan's changes, screen you for assistance programs and discuss other options you may have. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage).

THERE WILL BE NO IN-PERSON SHINE APPOINTMENTS: Until further notice all SHINE appointments will be telephonic. If possible, create a my.medicare.gov account before your appointment. This will expedite the process. Please be sure to have a list (or bottles) of your current medications ready for the appointment and if you are a couple, please ask for 2 appointments. Please call the regional SHINE office in Barnstable Village at 508-375-6762.



Click [**HERE**](#) for the webinar with world-renowned Alzheimer's disease clinician

and researcher Dr. Ronald Petersen. In this webinar, Dr. Petersen discusses the development of the pathology of Alzheimer's and the current drugs in phase 3 clinical trials to treat the disease.



Click [HERE](#) to sign up for Nantucket Community Television newsletter and stay informed

[FUN STUFF](#)

[ARM CHAIR TRAVEL](#)

There are so many virtual tours available. Here are some terrific narrated tours found on YouTube.

[A walk through the
Smithsonian Air &
Space Museum
HERE](#)

[The Metropolitan Museum of Art](#)
[HERE](#)

[The Holy Land: Israelis &](#)
[Palestinians Today](#)
[HERE](#)

[25 Top Tourist Attractions in](#)
[Europe](#)
[HERE](#)

[MEGACITIES of the World](#)
[HERE](#)

TRAILS
& SAILS

ESSEX NATIONAL HERITAGE AREA

Shoemaking
Demonstration with

Sarah Madeline T. Guerin Virtual Presentation

Friday, September 25

1:00 -3:00 PM

FREE

Click [HERE](#) to register

